

Design Your Life with


FreeLife
coaching

A workbook designed for you to get a jumpstart
on living the life of your dreams!

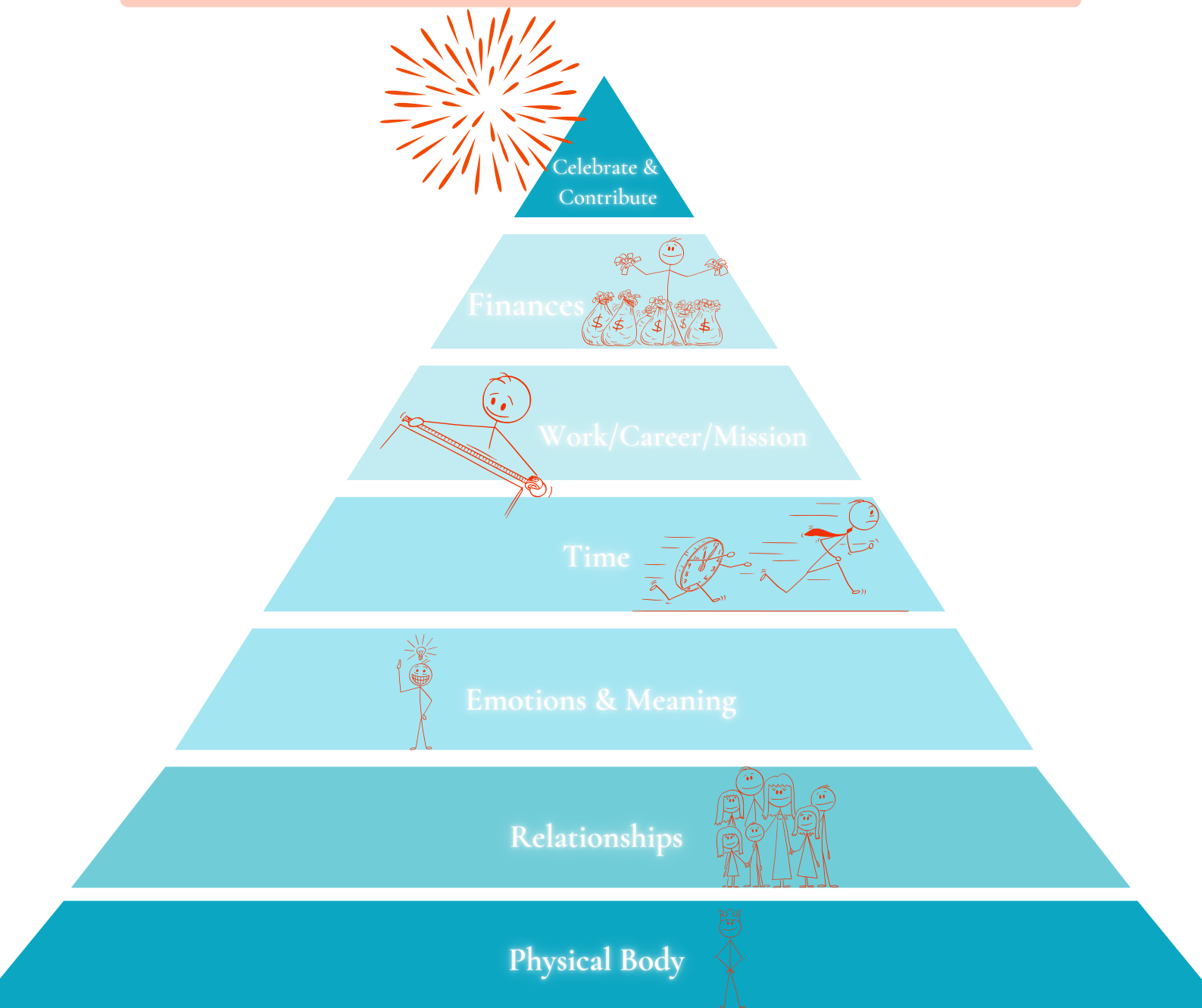
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Where are You Now?



Date: / /

Living life to your maximum potential means finding a balance between all of the areas of life. It requires assessing where you are now and where you want to be and what the gap is between the two. Tony Robbins uses the acronym "LOYT", Life on Your Terms. In the following packet we will assess where you currently are and where you want to be.

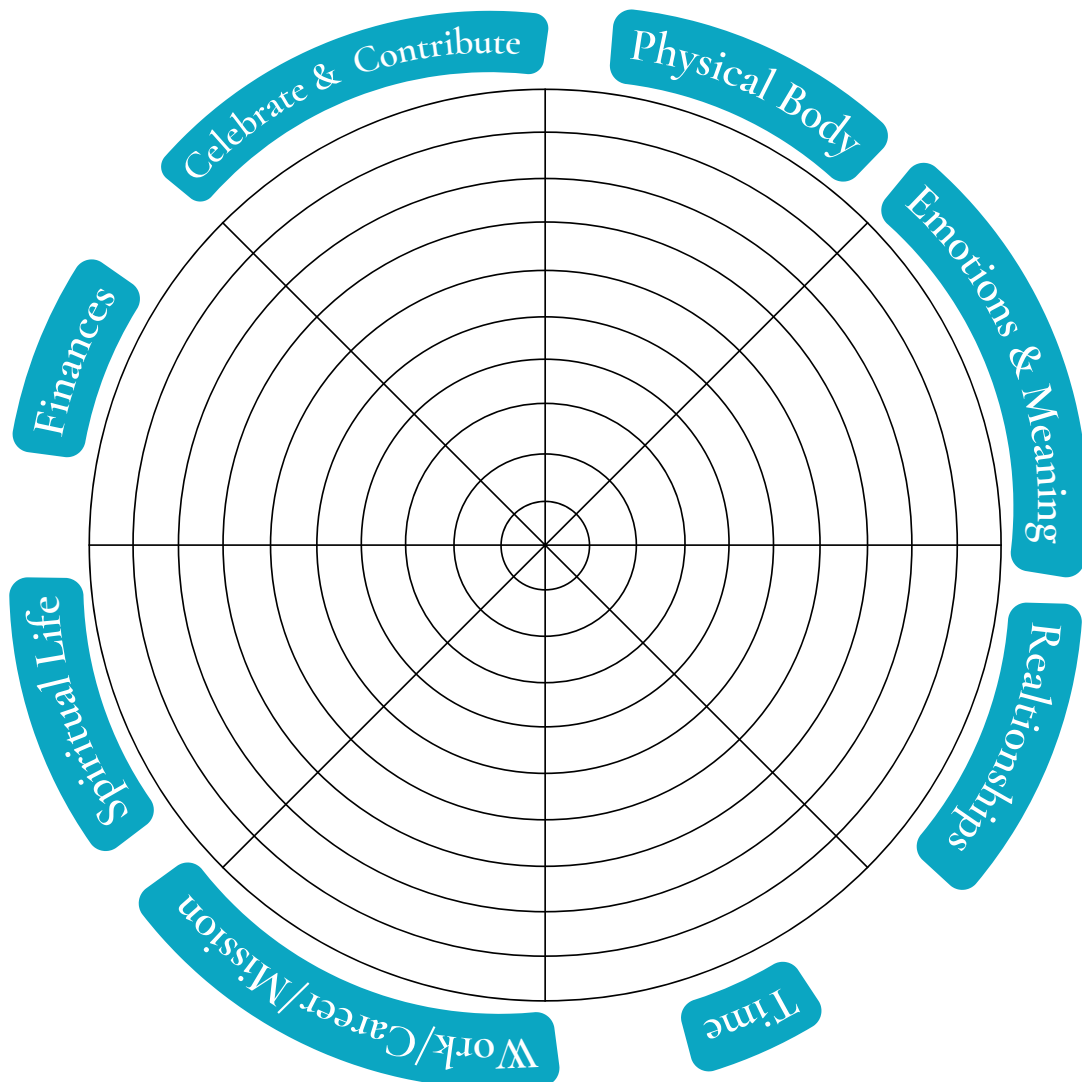


The Wheel of Life

To get closer to where you want to be it is important to get absolutely clear on where you are now. Knowing your starting point will help you draw a map to where you want to be!

Fill in the wheel of life below. The middle of the circle is 0% and the outside of the circle is 100%. Now take one area at a time and rate yourself when you are vs. where you want to be.

When you are done, draw a line across the section that represents the number you currently rate yourself at in each area. Then color in the space between each spoke of the wheel.



Questions to Prompt Your Thought

Now that you've completed your wheel of life. Ask yourself, if this were a wheel or tire on your car called life, how would your car run? How would you do at 10mph? How would you do at 100mph?

If you are like most people, your car is a little out of balance, and it may feel like you are on a bumpy ride. Let's try to smooth it out to make your ride a little more fun and less wild!

Below are some questions to help you with your assessment in each category.

Physical Body

- How physically healthy are you?
- Are you satisfied with your level of fitness?
- Do you eat a balanced diet?

Emotions & Meaning

- Do you think of your skills & abilities highly?
- How is your self-talk?
- Do you respect & love yourself?

Relationships

- Do you feel love?
- Is your family supportive of you?
- Are you supportive of your family & friends?
- How often do you express love to others?

Time

- Are you able to be places on time?
- Do you feel you use time to create the maximum results you are looking for?
- How do you manage your time & schedule?

Work/Career/Mission

- Are you where you want to be now?
- Is your career heading in the right direction?
- Are you satisfied with the kind of work you do?

Finances

- Are you comfortable with what you are earning to satisfy your needs?
- Are you financially set up for future growth and wealth?

Celebrate & Contribute

- How often do you take time to celebrate the little wins along the way?
- What do you do that impacts the lives of others?
- How would others rate your contribution to society or to them as individuals?

Spirituality

- How connected are you to your inner and outer world?
- Are you satisfied with your relationship to your spiritual being?

Life Zones List

Below is a list of more detailed Life Zone areas. These are further options to choose from for a thorough life assessment.

Home
Social Life
Personal
Growth
Activities
Spiritual Development
Career
Purpose
Family
Friends
Community
Finances
Romance
Intimacy
Health
Self-Care
Hobbies
Interests

Areas of Focus | Life Zones

The three areas I'd like to focus on:

Write what your ideal life looks like in all three areas. What do you want more of in each area, what do you want less of? What are your resources in each area?

Closing the Gap

For each Selected Area write 3 actions you need to take to close the gap between where you are and where you want to be.

Life Zone #1:

Life Zone #2:

Life Zone #3:

Act As If

For each Selected Area describe what your life feels like once you've actualized your goals. You have now closed the gap, describe what that feels like, what the details of this life zone look like.

Life Zone #1:

Life Zone #2:

Life Zone #2:

Smart Goal Plans

S

What do you want to achieve?

M

How do you know that you have achieved your goal or that you are on the right path?

A

What steps do you have to take to accomplish the goal?

R

What is this goal important to you? How does this impacts others?

T

When will you accomplish the goal?
What's the timeline?

Checklist to Close the Gap

Get Focused & Clear

- Clear & Compelling Vision
- Strong Reasons to Follow Through
- Total Honesty about where you really are

Get the Best Tools for Success

- Proven Map
- Expert Guide/Mentor
- Principles & Skills
- Standards/Rituals/schedule critical for success
- System for training and conditioning for results
- Team/peer group/community to call you to a higher level
- Daily action, flexible approach, and constant measurement

Get Aligned & Integrated to Get Results

- Do you have beliefs, values, and goals in conflict? Do you have conflicts with other people about getting results in this area of your life?
- What's your plan to transform these conflicts? Update your blueprint, integrate, align, achieve.
- How will you celebrate? What will you do for yourself and others? Whose lives will you touch?